Reflections
Monday, June 22, 2020

Start with humor
Bethany Gonyea, founder of the Peaceful Cities Project, was amused at my comment that I was “outraged but spiritual.” She then suggested that I check out comedian, JP Sears. I’d never heard of him. So, she sent me to two of his bits on his YouTube channel. Warning: nothing is sacred. Made me smile.
So, I pass his name and links onto you.

What spiritual people are like during the quarantine:
https://youtu.be/d1HIopKBb3w

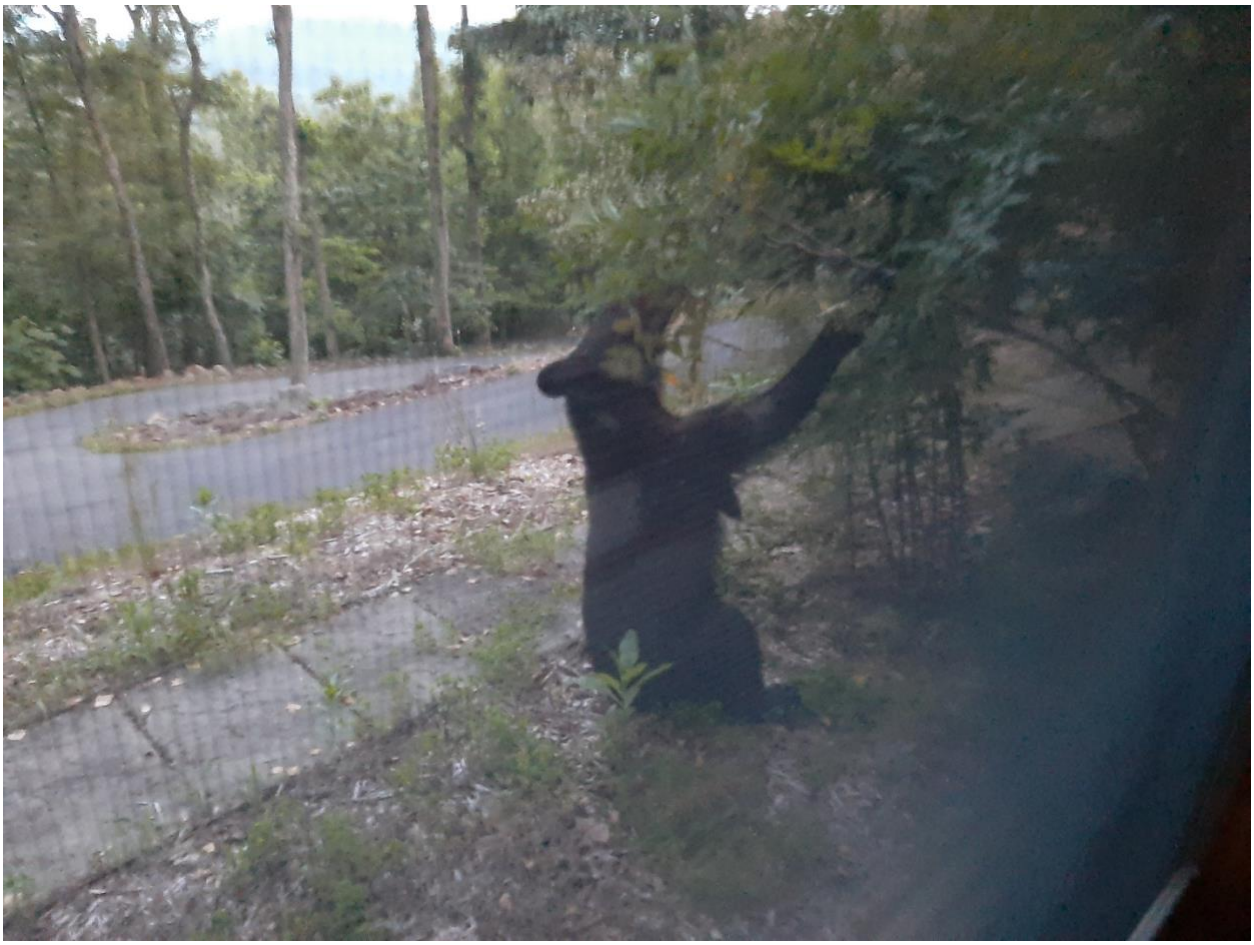
What a silent meditation retreat is like:
https://youtu.be/9FEOFB3m2m8

Note from long-time friend of Monroe
“As I note the new offerings I have to admire your vision and planning for the future. Keep it up!”
Dick Werling

From Gateway Virtual Retreat via CJ
“Our GV virtual group shared Summer Solstice and Winter Solstice together at the same time because of the time zone difference.”

New Grand Nephew
Porter Wade Hagemeister arrived in this world this afternoon. He was born a bit sooner than expected. Being six weeks early, he weighed in at 3.2 pounds and 12 inches. His mother, Gigi, is my brother’s middle child. All are doing well. Porter says he just couldn’t wait to get started in the physical world. There is so much to do and experience.
As fate would have it, today is the first birthday of my granddaughter, Sula.

Bear, pt. 2
We were having a glass of wine on our porch this evening. This time just before twilight. Anne says to me:
“Scott, look at that bush. It’s moving!”
That bush usually doesn’t do that.
“No, look. Something is in the middle of the bush!”
Sure enough. Something was in the middle of the bush. Our juvenile bear was back.
“It’s eating the berries on the branches,” Anne said.
I’ll go get a picture. I ran downstairs and took the picture below. Young bear was 5 feet from the house. He didn’t seem to care I was there. He just wanted the berries.



May you all find unexpected treats.
See you Tuesday,
Scott